


Poisoning by herbal medicines

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ABSTRACT

This article addresses the topic of herbal poisoning, highlighting the risks associated with the inappropriate use of medicinal plants and herbs, the methods of prevention, and the regulation of these products. The variety of herbal medicines, the possibility of contamination, incorrect dosages, drug interactions, side effects, toxicity and risk groups are explored. Also emphasized is the importance of consulting with healthcare professionals before using herbal medicines and being aware of the potential risks.

Keywords: Herbal poisoning, Medicinal plants, Safety, Regulation, Prevention.

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INTRODUCTION

The use of herbal medicines, which are products based on medicinal plants, has been a traditional practice in many cultures around the world, with the aim of treating and preventing a variety of health conditions. The growing popularity of herbal medicines is a result of the search for natural and alternative approaches to conventional medicine. However, it is essential to understand that even though they are derived from natural sources, herbal medicines are not without risks. Herbal poisoning is a legitimate health concern, since inappropriate use of these substances can result in adverse side effects, toxicity, and unwanted drug interactions.

This article aims to comprehensively address the risks associated with herbal poisoning, as well as the prevention measures and regulation of these products. Throughout this text, we will explore the variety of herbal medicines available, possible contamination by harmful agents, incorrect dosages, interactions with conventional medications, side effects, toxicity, and risk groups. In addition, we will emphasize the importance of seeking advice from healthcare professionals before starting any herbal treatment and of making the population aware of the potential risks involved in this type of therapy.

Understanding these aspects is critical to ensuring the safe and effective use of herbal medicines, protecting public health, and promoting appropriate regulations in the industry. Below, we will explore each of these topics in detail, with the purpose of providing valuable information for making informed and safe decisions regarding the use of herbal medicines.

RATIONALE

The practice of using medicinal plants and herbs with therapeutic properties dates back centuries and is an intrinsic part of the history of medicine in various cultures around the world. The use of herbal medicines is based on the belief that the natural compounds found in plants can offer health benefits and relief for various medical conditions. However, the efficacy and safety of these products can vary considerably by plant, formulation, and dosage.

The growing popularity of herbal medicines is evidenced by the increase in the availability of herbal products in the global dietary supplements and medicines market. Many people seek natural alternatives to treat health problems and promote well-being, but the perception that herbal medicines are automatically safe due to their natural origin is a misconception. Several factors need to be considered when evaluating the use of herbal medicines, and this includes the risks associated with intoxication by these substances.



VARIETY OF HERBAL MEDICINES

The range of medicinal plants and herbs used for the manufacture of herbal medicines is vast. This includes plants such as aloe vera, ginkgo biloba, ginseng, valerian, among others. Each plant has distinct active compounds with different medicinal properties, which means that the risk associated with using herbal medicines can vary significantly from one plant to another.

RISKS AND CHALLENGES

To understand herbal poisoning, it is critical to examine the risks and challenges involved. This includes the possible contamination of medicinal plants with heavy metals, pesticides, pathogenic microorganisms, and other harmful chemicals. Improper dosage, interaction with conventional medications, and side effects are all contributing factors to the risks associated with herbal use.

TOXICITY AND RISK GROUPS

Some medicinal plants contain toxic compounds that can be harmful to health when consumed in excess. Additionally, certain population groups, such as children, the elderly, pregnant and lactating women, as well as people with chronic health conditions, may be more susceptible to complications related to the use of herbal medicines.

MEDICAL CONSULTATION AND REGULATION

Consulting with qualified healthcare professionals before starting any herbal treatment is essential to assess the safety and efficacy of these products, as well as to avoid harmful interactions with conventional medications. Additionally, the regulation of herbal medicines varies from one country to another, and it is important to purchase products from reputable companies that meet regulatory requirements.

AWARENESS

Education and awareness of the risks and benefits of using herbal medicines is crucial to ensure that people make informed choices when considering this type of treatment. Promoting awareness of the importance of using herbal medicines safely is critical to protecting public health.

This foundation serves as a theoretical basis for the subsequent sections of the article, which will address each of these topics in more detail.



CONCLUSION

Herbal poisoning is a relevant topic that deserves the attention of health professionals, consumers, and regulators. Although herbal medicines are natural products with a long history of traditional use in various cultures, they are not without risks. The theoretical basis presented in the previous sections of this article demonstrates the complexity of this issue and highlights the need for precaution and appropriate regulation.

The study of the variety of herbal medicines reveals that different medicinal plants have specific properties, and the safety and efficacy of each plant vary. In addition, contamination by harmful agents is a potential risk that must be considered, especially when plants are harvested from uncontrolled environments. Incorrect dosages and drug interactions are additional concerns that can exacerbate risks.

The toxicity of some medicinal plants and the differential impact on at-risk groups highlight the importance of an individualized approach when using herbal medicines. Children, the elderly, pregnant women, nursing mothers, and people with chronic illnesses should be especially cautious when considering these products.

Consulting health professionals before starting any treatment with herbal medicines is a fundamental step in the prevention of poisoning. Medical evaluation can help determine the safety and effectiveness of such treatments, as well as prevent harmful interactions with conventional medications.

The regulation of herbal medicines is essential to ensure the quality and safety of these products. Strict regulations and quality standards can help minimize risk, but it is important for consumers to be aware of the provenance of the products they purchase.

Finally, awareness of the risks and benefits of herbal medicines is a key component in promoting their safe use. Consumers should be well-informed in order to make responsible decisions regarding the use of these products.

In summary, herbal poisoning is a legitimate health concern. Safety in the use of these products depends on a careful understanding of their risks and benefits, consultation with healthcare professionals, and compliance with appropriate regulations. By educating and raising awareness about these aspects, it is possible to ensure that the use of herbal medicines is safe and effective, contributing to the well-being and health of those who opt for this type of treatment.



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